



**PREVENT T2**

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

## Lifestyle Coach Training Guide

**Eat Well to Prevent T2**

## Eat Well to Prevent T2

### Session Focus

Eating well can help prevent or delay type 2 diabetes. This module introduces the concept of healthy eating.

### Participant Learning Objectives

By the end of the session, participants will:

- ▶ Explain how to eat well to prevent or delay type 2 diabetes
- ▶ Explain how to build a healthy meal
- ▶ Identify the items in each food group

## Materials Checklist

### You will need:

- Your Participant Notebook
- Participant Guides for this module (one copy for each participant and for you)
- Blank Fitness Logs, as needed
- Blank Food Logs, as needed
- Blank Action Plans, as needed
- Lifestyle Coach Log
- Nametags, as needed
- Scale for weighing participants (same one for all sessions)
- Watch or clock
- Pens

### Optional:

- Flip chart, easel or tape, and markers; or white board, white board markers, and eraser
- Tray of bite-size non-starchy veggies, with dip that is low in sugar and fat**
- Tray of baked, low-salt corn chips and salsa**
- Tray of bite-size fruit, with dip that is low in sugar and fat**
- “Healthy Can Be Tasty” video: <https://www.youtube.com/watch?v=k7-JJZ2jpWE>**
- Projector with Internet access to watch video**

## Things to Do

### Before this session:

- Reserve a meeting room. Make sure there is a private space where you can weigh participants.
- Gather needed supplies.
- Review this Lifestyle Coach Training Guide and the Participant Guide for this module. Make sure you understand both thoroughly.
- Arrive early.
- Set up chairs in a formation that invites discussion, such as a circle.
- Write needed text on flip chart or white board (optional). See 

### As each participant arrives:

- Greet participants.
- Weigh participants in private.
- Record participants' data on your Lifestyle Coach Log.
- Tell participants their weight. Or write it down for them on a sticky note. Ask them to record it in their Weight Log.
- Give participants a copy of the Participant Guide for this module.
- Give participants blank Fitness Logs, Food Logs, and Action Plans, as needed.
- Ask participants to fill out and wear a nametag, as needed.
- Ask participants to sit down. Suggest that they review "Session Focus" on page 2 while they wait for the rest of the group.

### After this session:

- As soon as possible, take notes on this session. Write down what went well and what you'd like to improve. Also write down any tasks you need to do before the next session.

## Module Outline

### Session Content:

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to weigh and consult with participants at the start of each session.

- Welcome and Review .....Page 6 ..... 10 Min
- Objectives .....Page 7 .....2 Min
- How to Eat Well.....Page 7 ..... 10 Min
- How to Build a Healthy Meal .....Page 10 ..... 10 Min
- Food Groups .....Page 12 ..... 13 Min
- Plan for Success .....Page 17 .....5 Min
- Summary and Closing .....Page 18 ..... 10 Min

## Lifestyle Coach Script

Notes to Coach	Welcome and Review (10 minutes)
	<p>▶ <b>SAY:</b> Welcome back, everyone! This is the ___ meeting of Prevent T2, the CDC’s lifestyle change program.</p> <p>Today, we are going to talk about eating well to prevent or delay type 2 diabetes.</p> <p>Before we start, let’s spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.</p> <p>↗ <b>DO:</b> Briefly summarize previous session.</p> <p>💬 <b>DISCUSS:</b> What questions do you have about our last session?</p> <p>▶ <b>SAY:</b> Let’s talk about how things went with the action plan you made last time.</p> <p>💬 <b>DISCUSS:</b> What went well? What didn’t go so well?</p> <p>▶ <b>SAY:</b> Now let’s talk about how things went with the other things you tried at home.</p> <p>💬 <b>DISCUSS:</b> What went well? What didn’t go so well?</p>

Notes to Coach	Objectives (2 minutes)
	<p>▶ <b>SAY:</b> Eating well can help you prevent or delay type 2 diabetes. Today, we will talk about:</p> <ul style="list-style-type: none"> <li>■ How to eat well</li> <li>■ How to build a healthy meal</li> <li>■ The items in each food group</li> </ul> <p>Finally, you will make a new action plan.</p>
	<p><b>How to Eat Well</b> (10 minutes)</p> <p>▶ <b>SAY:</b> Let's start by talking about how to eat well to lower your risk of type 2 diabetes. First of all, you'll want to choose items that are low in <u>calories</u>.</p> <p>▶ <b>ASK:</b> Can anyone tell me what calories are?</p> <p><b>ANSWER:</b> Calories are a measure of energy. You get them from things you eat and drink. Your body burns calories the way a car burns gas.</p>

Notes to Coach	How to Eat Well
	<p><b>SAY:</b> If you want to lose one pound per week, you'll need to cut about 3,500 calories each week.</p> <p>At the same time, you'll want to choose items that are low in <u>fat</u>.</p> <p>▶ <b>ASK:</b> Why would you want to choose items that are low in fat?</p> <p><b>ANSWER:</b> Fat is high in calories. Plus, fats that are solid at room temperature can harm your heart.</p> <p>▶ <b>SAY:</b> You'll also want to choose items that are low in <u>sugar</u>.</p> <p>▶ <b>ASK:</b> Why would you want to choose items that are low in sugar?</p> <p><b>ANSWER:</b> Sweet foods can be high in calories, although not as high as fatty foods. (1 tablespoon white sugar has 48 calories. 1 tablespoon butter has 102 calories.) Plus, sweet foods make your blood sugar go up.</p> <p>▶ <b>SAY:</b> At the same time, you'll want to choose items that are <u>high</u> in fiber and water.</p> <p>▶ <b>ASK:</b> Can anyone tell me what fiber is?</p> <p><b>ANSWER:</b> A type of carbohydrate that passes through your body without being digested.</p>

Notes to Coach	How to Eat Well
	<p>▶ <b>ASK:</b> And why would you want to choose items that are high in fiber and water?</p> <p><b>ANSWER:</b> They fill you up without adding calories.</p> <p>▶ <b>SAY:</b> Finally, you'll want to choose items that are high in vitamins, minerals, and protein.</p> <p>▶ <b>ASK:</b> Why would you want to choose items that are high in vitamins, minerals, and protein?</p> <p><b>ANSWER:</b> Your body needs them to be healthy. And many of us don't get enough of them.</p> <p>▶ <b>SAY:</b> Let's turn this around.</p> <p>▶ <b>ASK:</b> To prevent type 2 diabetes, what items will you want to <u>limit</u>?</p> <p><b>ANSWER:</b> Items that are:</p> <ul style="list-style-type: none"> <li>■ <u>High</u> in calories, fat, and sugar</li> <li>■ <u>Low</u> in fiber and water</li> <li>■ <u>Low</u> in vitamins, minerals, and protein</li> </ul>

Notes to Coach	How to Build a Healthy Meal (10 minutes)
	<p>► <b>SAY:</b> Now let's put those ideas into practice. Let's turn to the handouts that go with this module. Please look at "A Healthy Meal" on page 3.</p> <p>This picture shows a healthy meal. It's based on the Create Your Plate idea from the American Diabetes Association.</p> <p>As you can see, you'll want to make:</p> <ul style="list-style-type: none"><li>■ <u>Half</u> of your plate <u>non-starchy veggies</u> (such as broccoli, lettuce, and peppers)</li><li>■ A <u>quarter</u> of your plate <u>grains</u> and <u>starchy</u> foods (such as potatoes and oatmeal)</li><li>■ Another <u>quarter</u> of your plate <u>protein</u> foods (such as chicken, lean meat, and fish)</li></ul>

Notes to Coach	How to Build a Healthy Meal
<p>Participants can use the pictures for guidance. Each food group is used just once.</p>	<p>You can also have:</p> <ul style="list-style-type: none"> <li>■ A small amount of <u>dairy</u> foods (such as 1 cup skim milk)</li> <li>■ A small amount of <u>fruit</u> (such as one apple, half a banana, or ½ cup berries)</li> <li>■ A <u>drink</u> that has low or no calories (such as water, sparkling water, or coffee without sugar)</li> </ul> <p>These are shown at the side of the plate.</p> <p>↗ <b>DO:</b> Discuss as needed.</p> <p><b>SAY:</b> Please look at “Make Your Plate” on page 4. Let’s label the picture together.</p> <p>↗ <b>DO:</b> Help participants write the number of the correct food group on each line.</p>

Notes to Coach	Food Groups (13 minutes)
<p><u>Non-starchy veggies</u> are low in calories, fat, and sugar. They are high in fiber. And some are full of water.</p> <p><u>Non-starchy veggies</u> include broccoli, spinach, and peppers.</p> <p>.....</p> <p>This activity is optional.</p> <p>.....</p>	<p>► <b>SAY:</b> Now let’s talk about the items in each food group. Please look at “Foods to Choose” on pages 5 to 7.</p> <p>Let’s start with <u>non-starchy veggies</u>. These take up <u>half</u> of the Make Your Plate picture. That’s the largest section.</p> <p>Frozen veggies are just as good for you as fresh veggies. But try to limit canned veggies, which are <u>lower</u> in vitamins and minerals.</p> <p>🗨️ <b>DISCUSS:</b> What are some <u>non-starchy veggies</u>?</p> <p>.....</p> <p>✳️ <b>ACTIVITY:</b> Try Veggies</p> <p>↗️ <b>DO:</b> Offer participants a tray of bite-size non-starchy veggies with a dip that is low in sugar and fat, such as one made with plain nonfat yogurt, herbs, and spices.</p> <p>► <b>SAY:</b> Here are some non-starchy veggies. This dip is low in sugar and fat.</p> <p>🗨️ <b>DISCUSS:</b> How did the veggies and dip taste? Did they fill you up at all?</p> <p>.....</p>

Notes to Coach	Food Groups
<p>Grains and starchy foods vary in calories, fat, sugar, and fiber. And most of them are low in water.</p> <p>Healthy grains and starchy foods include beans, brown rice, and oatmeal.</p> <p>.....</p> <p>This activity is optional.</p> <p>.....</p>	<p>► <b>SAY:</b> Now let's move on to <u>grains</u> and <u>starchy</u> foods. These take up a quarter of the Make Your Plate picture.</p> <p>Try to make at least <u>half</u> of your grains <u>whole</u> grains. They are <u>higher</u> in vitamins, minerals, and fiber.</p> <p>So look for whole grains. Also look for grains that are low in fat and sugar.</p> <p>🗨️ <b>DISCUSS:</b> What are some healthy <u>grains</u> and <u>starchy</u> foods?</p> <p>.....</p> <p>✳️ <b>ACTIVITY:</b> Try Grains</p> <p>👉 <b>DO:</b> Offer participants a tray of baked, low-salt corn chips and salsa.</p> <p>► <b>SAY:</b> These chips are baked, so they are low in fat. They are also made with whole grains. The salsa is low in sugar and fat.</p> <p>🗨️ <b>DISCUSS:</b> How did the chips and salsa taste? Did they fill you up at all?</p> <p>.....</p>

Notes to Coach	Food Groups
<p><u>Protein</u> foods are high in protein. They vary in calories. And they're low in sugar. But they're also low in fiber and water.</p> <p>Healthy <u>protein</u> foods include chicken without skin, lean meat, and fish.</p> <p><u>Dairy</u> foods vary in calories and water. They give you vitamins, minerals, and protein. But they are low in fiber.</p> <p>Healthy <u>dairy</u> foods include 1 cup of skim milk or 6 ounces of plain nonfat yogurt.</p>	<p>► <b>SAY:</b> Now let's move on to <u>protein</u> foods. These take up a <u>quarter</u> of the Make Your Plate picture.</p> <p>Try to choose meat that is low in fat. You'll also want to limit how many egg yolks you have—these contain most of the fat. So egg whites are a better choice.</p> <p> <b>DISCUSS:</b> What are some healthy <u>protein</u> foods?</p> <p>► <b>SAY:</b> Now let's move on to <u>dairy</u> foods. You can have a small amount of dairy with your meal. Try to choose dairy foods that are low in sugar and fat.</p> <p> <b>DISCUSS:</b> What are some healthy choices for <u>dairy</u>?</p>

Notes to Coach	Food Groups
<p>Fruit is fairly low in calories. It gives you vitamins and minerals. It's full of fiber and water. But it's higher in sugar than veggies.</p> <p>Healthy choices for <u>fruit</u> include one apple, half a banana, or ½ cup of berries.</p> <p>.....</p> <p>This activity is optional.</p> <p>.....</p> <p><u>Drinks</u> are high in water. They vary in calories, protein, vitamins, minerals, and sugar. Most of them are low in fiber.</p>	<p>▶ <b>SAY:</b> Let's move on to <u>fruit</u>. You can have a small amount of fruit with your meal.</p> <p>Frozen fruit is just as good for you as fresh fruit. But try to limit sweetened canned fruit, dried fruit, and juice. They are high in sugar. Plus, juice has very little fiber, so it doesn't fill you up the way whole fruit does.</p> <p>🗨️ <b>DISCUSS:</b> What are some healthy choices for <u>fruit</u>?</p> <p>.....</p> <p>✳️ <b>ACTIVITY:</b> Try Fruit</p> <p>👉 <b>DO:</b> Offer participants a tray of bite-size fruit with a dip that is low in sugar and fat, such as plain nonfat yogurt.</p> <p>▶ <b>SAY:</b> This dip is low in sugar and fat.</p> <p>🗨️ <b>DISCUSS:</b> How did the fruit with dip taste? Did it fill you up at all?</p> <p>.....</p> <p>▶ <b>SAY:</b> Now let's move on to <u>drinks</u>. You can have a drink that has no or low calories with your meal. Try to choose drinks that are <u>low</u> in fat and sugar.</p>

Notes to Coach	Food Groups
<p>Healthy <u>drinks</u> include water, sparkling water, and coffee without sugar.</p> <p><u>Sweet</u> and <u>fatty</u> foods are high in calories. Most of them are low in vitamins, minerals, and protein. And they're often low in fiber. Plus, <u>sweet</u> foods are high in sugar.</p> <p><u>Sweet</u> foods include candy, cookies, and sugar.</p> <p><u>Fatty</u> foods include lard, bacon, and full-fat cheese.</p> <p>.....</p> <p>This activity is optional. If you'd prefer, give participants the link so they can watch the video at home. A later session will address how to shop for and cook healthy food.</p> <p>.....</p>	<p> <b>DISCUSS:</b> What are some healthy <u>drinks</u>?</p> <p>▶ <b>SAY:</b> Now let's look at "Foods to Limit" on page 8. Sweet and fatty foods are bad for you, so don't eat too much of them.</p> <p> <b>DISCUSS:</b> What are some <u>sweet</u> foods? And what are some <u>fatty</u> foods?</p> <p>.....</p> <p> <b>ACTIVITY:</b> Video</p> <p> <b>DO:</b> Show the 2½-minute video "Healthy Can Be Tasty."</p> <p> <b>DISCUSS:</b> What are some healthy items that you like?</p> <p>.....</p>

Notes to Coach	Plan for Success (5 minutes)
	<p>▶ <b>SAY:</b> Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.</p> <p>Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?</p> <p>Also keep in mind what we discussed today about eating well.</p> <p>As you make your plan, remember to keep it:</p> <ul style="list-style-type: none"> <li>■ Realistic</li> <li>■ Doable</li> <li>■ Specific</li> <li>■ Flexible</li> </ul> <p>Remember to focus on behaviors. And try to have fun!</p> <p>↗ <b>DO:</b> Give participants a few minutes to make their action plan.</p>

Notes to Coach	Summary and Closing (10 minutes)
<p>This discussion is optional.</p>  <p>Things to Try at Home:</p> <ul style="list-style-type: none"> <li>■ Make Your Plate</li> <li>■ How to Cope With Challenges</li> <li>■ Action Plan</li> </ul>	<p>► <b>SAY:</b> Please look at “Make Your Plate” on page 4, which we labeled earlier. I’d like you to finish it at home. Create a healthy meal by listing items that you like. You can use “Foods to Choose” on pages 5 to 7 for ideas.</p> <p>It can be challenging to eat well. Please look at “How to Cope With Challenges” on pages 9 and 10. It shows some common challenges and ways to cope with them. Write your own ideas in the column that says “Other Ways to Cope.” Check off each idea you try.</p> <p> <b>DISCUSS:</b> What might you find challenging about eating well?</p> <p>► <b>SAY:</b> We have come to the end of our meeting. Today, we discussed how eating well can help you prevent or delay type 2 diabetes. We talked about:</p> <ul style="list-style-type: none"> <li>■ How to eat well</li> <li>■ How to build a healthy meal</li> <li>■ The items in each food group</li> </ul> <p> <b>DISCUSS:</b> Do you have questions about anything we talked about today?</p> <p>► <b>SAY:</b> Next time, we’ll talk about the things you tried at home, including your action plan. We’ll also talk about ___.</p> <p>Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.</p> <p><b>Meeting adjourned.</b></p>